Ingredient Quantity Equivalent

Active Dry Yeast
1 package
1 cake compressed

Apples
1 medium
1 cup sliced

Bananas
3 medium
1 cup mashed

Beans
1 cup dry
2 1/2 cups cooked

Bread Crumbs
4 slices
1 cup dry crumbs

Bread Crumbs
1 slice
3/4 cup soft crumbs

Butter
1 pound
2 cups

Butter
1 pound
4 sticks

Butter
1 stick
1/4 pound

Butter

1 stick
1/2 cup

Cabbage
1 pound
4 cups shredded

Cheese, American
1 lb shredded
4 cups

Cheese, Bleu
1/4 lb crumbled
1 cup

Cheese, Cheddar
1 pound
4 cups grated

Cheese, Cheddar
4 ounces
1 cup grated

Cheese, Cottage
1 pound
2 cups

Cheese, Cream
1/2 pound
8 ounces

Cheese, Cream
6 ounces
3/4 cup

Cherries
1 quart
2 cups pitted

Chocolate
1 ounce
1 square

Chocolate Chips
6 ounces
1 cup

Corn Flakes
3 cups
1 cup crushed

Crackers, Soda
28 crackers
1 cup crumbs

Crackers, Graham
14 squares
1 cup crumbs

Cranberries
1 pound
3 cups sauce

Cream
1 cup unwhipped
2 cups whipped

Dates
1 lb whole
1 1/2 cups pitted & cut

Eggs
5 medium
1 cup

Egg Whites
8 to 10
1 cup

Egg Yolks
12 to 14
1 cup

Fat
2 cups
1 pound

Flour, Sifted
4 cups
1 pound

Flour, Cake
4 1/2 cups
1 pound

Flour, Whole Wheat
3 1/2 cups
1 pound

Horseradish
1 Tbsp fresh
2 Tbsp bottled

Lemon
1 medium
3 Tbsp juice

Macaroni
1/2 pound
4 cups cooked

Marshmallows
10 miniatures
1 large

Mushrooms
1 lb fresh

6 oz canned

Onions
1 medium
1/2 cup chopped

Orange
1 medium
1/3 cup juice

Peanuts
5 ounces
1 cup

Pecans, chopped
4 1/2 ounces
1 cup

Pecans, halves
3 3/4 ounces
1 cup

Rice
1 cup uncooked
3 1/2 cups cooked

Sugar, Granulated
2 cups
1 pound

Sugar, Powdered
3.5 to 4 cups
1 pound

Sugar, Brown
2 1/4 cups packed
1 pound

Spaghetti

7 ounces
4 cups cooked

Vanilla Wafers
22 wafers
1 cup crumbs

Walnuts, chopped
4 1/2 ounces
1 cup

Walnuts, halves
3 1/2 ounces
1 cup

Walnuts
1 lb unshelled
1 1/2 cups shelled